

peer support

Peer Support Specialists bring hope by sharing their experiences and promoting a sense of belonging. A Peer Support Specialist is an individual who uses the individual's lived experience and skills learned through formal training to deliver services to promote mind-body recovery and resiliency.

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

- Health: Choices that support one's overall well-being
- Home: A safe and stable place to live
- Purpose: Meaningful daily activities, such as job, school, or volunteering
- Community: Relationships and social networks that provide support, friendship, and love

Peer support is effective:

- Improves quality of life
- Improves whole health, including conditions like diabetes
- Improves engagement and satisfaction with services and support
- Decreases hospitalizations and inpatient stays
- Reduces health care costs.

Peer Support Services in 1915(i) State Plan Amendment

Peer Support: Code: H0038 \$7.38 (per 15 minutes); 8 hours per day (32 units daily) max and 260 hours annually

Services are delivered to individuals age 18 and older by trained and certified individuals in mental health or substance use recovery that promote hope, self-determination, and skills to achieve long-term recovery in the community. Peer Support Specialists have lived experience as a recipient of behavioral health services with a willingness to share personal, practical experience, knowledge, and first-hand insight to benefit service users.

Services can be provided in a variety of settings that include: the individual's home, a community mental health center, a peer recovery center, and other community settings where an individual and a peer may interact. Activities included must be intended to achieve the identified goals or objectives as set forth in the individual's person-centered plan.

Please review what is NOT reimbursable on page 55 of the 1915i application.

The service cannot be provided to an individual at the same time as another service that is the same nature and scope regardless of source, federal, state, local, and private entities.

A Peer Support Specialist must meet in person with the participant before providing remote services and at least quarterly, after which remote support may be utilized for up to 25% of all services in a calendar month. Remote support options are made available for the benefit of the member, rather than the benefit of the Provider. See page 56 of the application for a detailed outline of remote support.

Peer Support services include:

- Engagement, Bridging
- Coaching and enhancing a recovery-oriented attitude
- Self-advocacy, self-efficacy, and empowerment
- Skill development
- Community Connections and Natural Support
- Peer Relief Services-voluntary, short-term interventions for averting psychiatric crisis



Family Peer Support: Code: H0038 \$7.38 (per 15 minutes); 8 hours per day (32 units daily) max and 260 hours annually

Delivered to families caring for a 1915i participant, under the age of 18, by trained and certified Peer Support Specialists with lived experience as a parent or primary caregiver who has navigated child serving systems on behalf of their child(ren) with social, emotional, developmental, health and/or behavioral health needs.

Family is defined as the primary care-giving unit and is inclusive of a wide diversity of primary caregiving units with significant attachment to the child, including but not limited to, birth, foster, adoptive, or guardianships, even if the child is living outside of the home.

Services can be provided in any compliant community-based setting with the participant's primary caregiver present.

Please review what is NOT reimbursable on page 55 of the 1915i application.

The service cannot be provided to an individual at the same time as another service that is the same nature and scope regardless of source, federal, state, local, and private entities.

A Peer Support Specialist must meet in person with the participant before providing remote services and at least quarterly, after which remote support may be utilized for up to 25% of all services in a calendar month. Remote support options are made available for the benefit of the member, rather than the benefit of the Provider. See page 56 of the application for a detailed outline of remote support.

Family Peer Support services include:

- **Engagement and Bridging**
- **Self-Advocacy, Self-Efficacy, and Empowerment**
- **Parent Skill development**
- **Community Connect and Natural Support**

Expectations of a Provider (Group)

Have a North Dakota Medicaid provider agreement and attest to the following:

- individual practitioners (Certified Peer Support Specialists I and II) meet the required qualifications under NDAC 75-03-43
- services will be provided within their scope of practice
- individual practitioners will have the required competencies identified in the service scope
- agency conducts training in accordance with state policies and procedures
- agency adheres to all 1915(i) standards and requirements
- agency policies and procedures, including but not limited to, participant rights, abuse, neglect, exploitation, use of restraints and reporting procedures are written and available for NDDHS review upon request
- Require individual practitioners (Certified Peer Support Specialists I and II) maintain current certification standards as required by NDAC 75-03-43-06. Recertification and NDAC 75-03-43-07 Continuing Education
- Must provide proof that the individual provider has knowledge and competency in "Person-Centered Implementation"

Peer Support Requirements

The individual providing the service must:

- Be employed by an enrolled ND Medicaid enrolled billing group of this service.
- Be certified as a Peer Support Specialist I or II under NDAC 75-03- 43. Certified Peer Support Specialists by the NDDHS Behavioral Health Division.
- Maintain current certification as a Peer Support Specialist I or II as required by NDAC 75-03-43-06. Recertification and 75-03-43-07

Peer Support Supervision Requirements

- Be a certified peer specialist; **or**
- Have one of the following combinations:
 - High school diploma or GED and at least:
 - Be a North Dakota Certified Peer Support Specialist II; **or**
 - Three years of work experience as a peer specialist or peer recovery coach including at least 2,250 hours of direct client service; **or**
 - Two years of work experience as a peer specialist or peer recovery coach including at least 1500 hours of direct client service, and at least one year of fulltime work experience supervising others; **or**
 - Associate degree from an accredited college or university and at least two years of work experience as a peer specialist or peer recovery coach including at least 1500 hours of direct client service; **or**
 - Bachelor's degree from an accredited college or university and at least two years of full-time work experience supervising others;
 - or**
 - Be the director of an organization providing peer support services; **AND**
- Have completed a state approved peer support specialist supervision training Upcoming training March 10th will be recorded and available ongoing

For every 30 hours of Peer Support services provided, the individual provider must have one hour of face-to-face supervision with a qualified Peer Supervisor. The provider agency employing the peer specialist and supervisor is required to document the following requirements and have the documentation accessible for review by the NDDHS.